

We are there for you!

Freedom Fitness Facility

Building 7680

Call the Freedom Fitness Facility at
DSN 469-8890, -7597 or
CIV (0951) 300 8890 or -7597 .



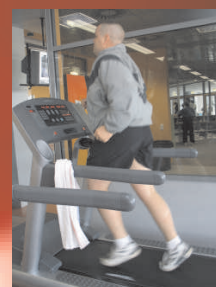
74,000 square feet
State of the Art Weight Rooms
Basketball and Raquetball courts
Modern Sauna Facilities
Professional Boxing and Martial
Arts Equipment
Inside Running Track
Spinning and Cardio Equipment
Loft Relaxation Lounge
Juice Bar "Café Freedom"
Unit Level Tournaments
Community Runs



Café Freedom

located inside
Freedom Fitness
Facility
offers you fresh made
sandwiches, salads,
juices and protein
shakes!

Hours of
Operation:
Mon - Fri:
11 a.m. - 7 p.m.



Download this flyer and
find latest info on
FFF programs at
www.bamberg.army.mil

Bamberg

Freedom Fitness Facility

**Bamberg's
Sports, Games and
Fitness Facility**



**Serving the Soldiers
and Families of the
279th BSB
Bamberg**



Pilates Classes

Pilates is a workout for your body and mind. Instructor Kathy Fischer teaches Pilates every Tuesday and Thursday, 5:30 - 7 p.m. at the Freedom Fitness Facility. A class is \$4 or \$25 per month. This program is run by the Community Activity Center, for more information call the CAC at

**DSN 469-8659 or
CIV (0951) 300 8659.**

Power Yoga

Every Monday and Wednesday from 6 to 7:15 p.m. instructor Connie Warmuth teaches power yoga. \$4 per session or \$25 per month. This program is run by the Community Activity Center, for detailed information call the CAC at **DSN 469-8659 or
CIV (0951) 300 8659.**

Tennis Lessons

\$30 per hour for 1-4 people. Call **DSN 469-8659 or CIV (0951) 300 8659**

Aerobics and Fitness Classes

SLABB Training

Mondays, 10 a.m.

Whole Body Workout

Thursdays, 10 a.m.

PUMP Muscle Training

Fridays, 5:30 p.m.

Basic Step/Tone Training

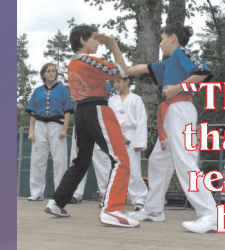
Saturdays, 10 a.m.

Instructor is Kathrin Buchanan. \$3 per session or \$25 per month. This program is run by the Community Activity Center, for more information call the CAC at

**DSN 469-8659 or
CIV (0951) 300 8659.**



Tae Kwon Do and Kick Boxing Classes



**"There is no better way
than martial arts if you
really want to get your
body and mind into
optimum condition"**

**Tae Kwon Do Instructor
Rainer Giel**

**Mondays and
Wednesdays**

5:30 p.m. Children and Beginners
6:30 p.m. Intermediate / Advanced

\$5 per class, \$30 per month
This program is run by the
Community Activity Center, for
more information call the CAC at

**DSN 469-8659 or
CIV (0951) 300 8659.**

